



Post - ZOOM! Teeth Whitening Care Instructions

Congratulations! You have just experienced a revolutionary tooth whitening procedure. The next 48 hours are important in enhancing and maximizing your whitening results for a long lasting, bright and healthy smile.

For the next 48 hours, dark staining substances should be avoided, such as:

Coffee and/or tea	Mustard or Ketchup	Red wine	Berry pie
Tobacco products	Red Sauces	Soy sauce	Cola

Additional ways to maintain your sparkling ZOOM! Smile:

1. Avoid staining related habits
2. Use an automated toothbrush
3. See regular professional dental hygiene care to maintain oral health, keep staining to a minimum and determine the need for whitening touch-ups
4. Practice good oral hygiene, including thorough tooth brushing, flossing to remove debris from between the teeth, and tongue cleaning. We will assist you in selecting the products to maintain not only a white smile, but a health one as well!